

# Trashed

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Chris Hodgson (UK)  
音樂: Thrown Out Of Love - Jason McCoy



## SIDE & SIDE & ROCK STEP, COASTER STEP, STEP-½ TURN

1&      Point right toe to right side, step right next to left  
2&      Point left toe to left side, step left next to right  
3-4      Step forward on right, rock weight back onto left  
5&6      Step back on right, step left next to right, step forward on right  
7-8      Step forward on left, pivot ½ turn right

## SHUFFLE FORWARD, FULL TURN FORWARD, ROCK STEP, COASTER STEP

1&2      Step forward on left, step right next to left, step forward on left  
3-4      ½ turn left stepping back on right, ½ turn left stepping forward on left (alt: walk forward on right, walk forward on left)  
5-6      Step forward on right, rock weight back onto left  
7&8      Step back on right, step left next to right, step forward on right

## CROSS ROCK, CHASSE, CROSS ROCK, CHASSE ¼ TURN

1-2      Cross left over right, rock weight back onto right  
3&4      Step left to left side, step right next to left, step left to left side  
5-6      Cross right over left, rock weight back onto left  
7&8      Step right to right side, step left next to right, step right ¼ turn right

## STEP-¼ TURN, CROSS SHUFFLE, ½ HINGE TURN, CROSS & ¼ TURN

1-2      Step forward on left, pivot ¼ turn right  
3&4      Cross left over right, step right to right side, cross left over right  
5-6      ¼ turn left stepping back on right, ¼ turn left stepping left to left side  
7&8      Cross right over left, rock weight onto left, step right ¼ turn right

## STEP-TOUCH, & HEEL & TOUCH, MODIFIED MONTEREY TURN

1-2      Step forward on left, touch right toe behind left heel  
&3      Step back on right, touch left heel forward  
&4      Step left next to right, touch right toe next to left  
5-6      Point right toe to right side, ½ turn right stepping right next to left  
7&8      Step left to left side, rock weight onto right, step left next to right

## STEP-TOUCH, & HEEL & TOUCH, STEP-½ TURN, SHUFFLE FORWARD

1-2      Step forward on right, touch left toe behind right heel  
&3      Step back on left, touch right heel forward  
&4      Step right next to left, touch left toe next to right  
5-6      Step forward on left, pivot ½ turn right  
7&8      Step forward on left, step right next to left, step forward on left

## REPEAT